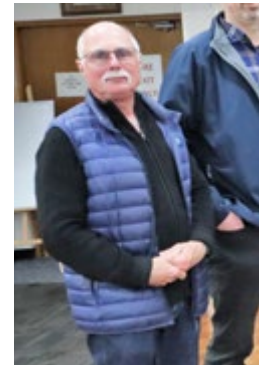




4 October 2023

Number 2342

Volume 51, Issue 07



## FROM THE PRESIDENT

### Meeting Information

#### LAST MEETING

6 September  
Jane Fulton - Cambodian Rice Run

#### THIS MEETING

4 October  
Group Captain Nick Grey CSC RAAF

#### NEXT MEETING

18 October - **WEAR A HAT TO THIS MEETING**  
Ben Smith - The Development of  
Basketball in Tasmania

Past and present bulletins from across Group 2 are now available for access by all members.

To access the Google Group you can do this from any web browser by entering the address

[groups.google.com/g/g2bulletins](https://groups.google.com/g/g2bulletins)

No password is required.



Find us on Facebook:  
@rclindisfarne



Scan QR code to visit the  
RCoL website

Last meeting - it was my pleasure to induct Simon Butterley into our club. Simon had already attended a number of meetings and assisted at some recent events. I am sure he will be a great asset to the club. Welcome Simon!

Jane and Doug Fulton gave details of the Cambodian Rice Run, a project that is achieving some outstanding results in Cambodia. If anyone is interest in supporting this initiative then it is suggested that they visit the Cambodian Rice Run Facebook page.  
(SEE THE WRITE UP FURTHER ON IN THIS BULLETIN)

Our next meeting - was to be DG Mike's official visit but he has advised that he is unable to make it. As such I have arranged for my son, Group Captain Nick Grey CSC RAAF, to enlighten us on a defence topic. Some will remember Nick's last presentation when he spoke on the Jindalee Over the Horizon Radar Network (JORN) and the Space Surveillance Telescope located at Exmouth WA.

CONT...



*"I know membership retention is important but I don't think adding "until death do us part" to the end of the new member inductions will help keep members in Rotary".*

I thought members may be interested to know what comes across the President's desk. Just in the last week our club has received the following:

- Morocco Earthquake Response Fund
- Peace Poles – Centenary Project
- Rotary Family Weekend 13-15 October
- District AGM 15 October
- End Polio Now – Socks and Cocktail Party 24 October
- Australian Rotary Health Lift the Lid Walk for mental health
- DG Mike re Rotary Tasmania Domestic Violence Project
- Regionalisation Vote

### **Our donations budget -**

All the projects mentioned above are worthy causes but our club is not really in a position to support them, and there are many others, as we are already committed to our own projects. Also, our funds at this point in time are limited as we no longer have the big fundraisers like Shannons and the Taste. Indeed, if we are successful with our District Grant applications then our budget for local projects (\$3500) will be expended. As for our international projects (also with a budget of \$3500) it is anticipated that after making an allocation to our Nepal project, for which we have also applied for a District Grant, there will be funds available to allocate to some form of disaster relief like Disaster Aid Australia or the Morocco Earthquake Response Fund. When it comes to our Rotary Donation Budget (\$3500) there should be, after allowing for our contribution to the Rotary Foundation, funds available to be allocated to a Rotary project/s. However, all is subject to review depending upon how successful our fundraising is over the rest of the financial year. Our club raffle will assist our fundraising efforts.

**October is Mental Health month** and World Mental Health day is *October 10th*. The Rotary Club of Salamanca are holding a Lift the Lid Walk on Sunday 15th October starting in Simmons Park at 9:30am. I encourage member to support this activity. We will support this activity with our annual Hat Day that will be part of our meeting Wednesday 18th October.

On a final note I would like to inform members that in recognition of his cooperation in storing Tommy for a considerable period of time we have presented Evan Horswill with a gift – a voucher on the MYCT's Reflections Restaurant - and I am still looking for someone to take over coordinating the Entertainment Book fundraiser.

SEE YOU WEDNESDAY

*President Nigel*

We had a successful Bunnings BBQ last Sunday 24 September 2023, selling over 600 sausages. It was definitely a team effort and unfortunately we were so busy we did not get a group photo!!!

Our next business meeting is Monday 2 October 2023.

We have started getting prizes for our quiz night in November and encourage people to book a table and spread the word about the quiz night which will be raising money for Malaria.

*Hannah*

### **OPERATIONS RUN DOWN**

The Wednesday group have been busy making the shed more friendly useable by taking out a timber partition. The timber will be used to make the side walls more secure. Further works of a similar nature is planned over the next couple of weeks.

The proposed outing for Tommy on the Domain for Legacy on Saturday 7 October is still up in the air. The Hobart City Council officers are being very difficult and are refusing to allow Tommy to run on the track around the 2 ovals claiming that Tommy is two wide. Tommy is 1metre wide and the track is nearly 2 metres wide. They then refused to allow Tommy to run on the oval claiming that it will cause damage to the grass. The Council mowing of the grass leaves a bigger footprint than that left by Tommy.

Peter Morgan and David are hoping to meet with Council officers on site at the Domain early next week and try and convince them that Tommy will not damage the grass around the edge of the oval. They may be concerned if Tommy was to traverse across the centre and onto the cricket strip - we of course wouldn't go near that area. As soon as information comes to hand David will advise the club.

Training for Tommy and/or Truck drivers is still scheduled for Saturday 21 October 0900 to 1200. The venue has changed – training will now be on the overflow carpark at the Elwick Racecourse close to the shed. Due to a computer hic-cup David have lost the names of those who indicated that they would like to participate. Please advise David if you wish to attend.

Discussions are still taking place with the Royal Hobart Show in regards to running Tommy at the Regatta Group like previously to complete our obligation for using the shed at the showgrounds. We are looking at perhaps Thursday 26– Friday 27 & Saturday 28 October.

The only other activity listed for October is the Bunnings Sausage Sizzle on Sunday 29 October.

Cheers  
*David*

# 2023 PROGRAM OF EVENTS

Meetings are held on the first & third Wednesday of the month

DATE	SPEAKER	TOPIC
WED 4 OCT	Group Captain Nick Grey CSC RAAF	
FRI 13 - SUN 15 OCT	Rotary Family Weekend	<a href="https://www.trybooking.com/events/landing/1115177">https://www.trybooking.com/events/landing/1115177</a>
SUN 15 OCT	Simmons Park, Lindisfarne	Walk for Mental Health 9:30am
WED 18 OCT	Ben Smith-The Development of Basketball in Tasmania	Don't forget to <b>wear a hat</b> for Mental Health !
TUE 24 OCT	Rotary International Cocktail Party	World End Polio Now Cocktail Party - Royal Yatch Club of Tas, 6pm <a href="https://www.trybooking.com/events/landing/1101818">https://www.trybooking.com/events/landing/1101818</a>
SAT 28 - SUN29 OCT	Virtual Conference	Moments that Matter <a href="https://rotaryzone8.org/sitepage/2023-zone-8-virtual-conference/">https://rotaryzone8.org/sitepage/2023-zone-8-virtual-conference/</a>
WED 1 NOV	Danni Meredith and Natasja de Gouviea Brazao, Good Things Foundation (RCOL Meeting)	Digital literacy, scams and misinformation
SAT 11 NOV	Sunrise Club	Quiz Night - Lindisfarne Community Centre
WED 15 NOV	Margaret Congram and Amanda Excell (RCOL Meeting)	Unabridged version 'How I survived travelling with Margaret' - with photos! sneak peak on last page of bulletin :)
WED 6 DEC	Christmas Function (RCOL Meeting)	

All are invited to the weekly Thursday morning coffees at Currency. It could be said to be life changing!

## For the calendar:

Friday 15 October - Ladies dinner, let Marg know if you are keen to attend as we need to finalise numbers. 6:30pm, Spencers.

*Spare skirts available to the fellas that would like to join.*

## OPERATIONS UPDATE

DATE	LOCATION	TIME	TYPE	MEMBERS ATTENDING
7 OCT	Legacy on the Domain		Tommy	Worker Required Worker Required
29 OCT	Bunnings		BBQ	Workers Required
26 NOV	Bunnings		BBQ	<b>SUNRISE CLUB</b>

## VOLUNTEER HOURS

It has been suggested we keep track of the time volunteers put into community activities. This does not include state Rotary activities which Mike, Peter F., Peter M., Richard and Dante have been/or are doing. Nor does it include the activities of the club board... president, secretary, treasurer and bulletin editor. The contributions of the crew who look after Tommy and the barbecue equipment are not counted either. All the people mentioned or alluded to, work hard for our club. We keep records of our money donations; but do not record our donations of labour.

**Does anyone know how many volunteer days RCOL and Sunrise made to the CEO Sleepout?**

What is known is:

From the first of August 2023, RCOL has provided 23 volunteer days so far this calendar year.

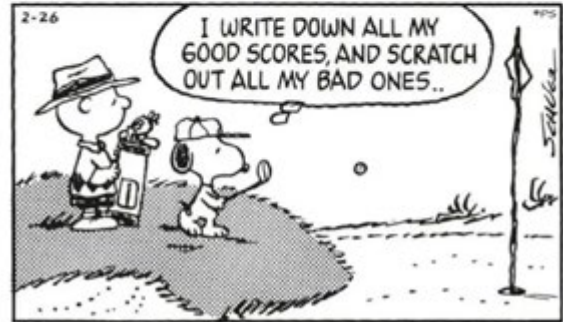
Peter O'



**My friend suggested putting sheep manure on my strawberries. I'm not doing that again. I'm going back to whipped cream.**



@PEANUTSSPECIALS



**Why is everyone at the gym asking why I'm sitting still on the stationary bike?**



People love optical illusions. Almost nobody can find the hidden horse in this ordinary picture of a frog without help! Check in comments 🙋



## Member in Focus - WHO AM I?

Born and raised in the beautiful city of Hobart, I embarked on a life journey that took me through various experiences and adventures. My educational path included a trilogy of schools - St. Columbus, St. Peters, and St. Virgils - each contributing to my growth and development.

For the better part of 30 years, I found myself in diverse roles within the transport industry. During this time, life threw its curveballs, leading to a divorce. In search of solace and new experiences, I acquired a cozy shack at Dodges Ferry, where I indulged my time in surfing, gym workouts, and basketball. Eventually, I took a brief hiatus from the hustle and bustle of life.



But as the saying goes, learning never stops. I returned to school, specifically TAFE, and delved into an aged care course. This educational pursuit led me to spend approximately seven years at Freemasons Nursing Home, where I gained invaluable life experiences. It was there that I crossed paths with Fran.

Our love story began on our first date at a party in Richmond. Our romantic riverside walk was all smooth sailing until automatic sprinklers decided to join the party, quite literally dampening our evening!

Upon my early retirement from Freemasons, I decided to take a well-deserved holiday before venturing into various voluntary endeavors. It was during this time that I discovered the joys of Rotary - an organization known for its camaraderie and community service. I dedicated about 12 years to these voluntary pursuits before retiring from most of them, although I remain an active member of Rotary.

Now, with more time on my hands, I've found solace in my love for books and music. And as the enclosed photo shows, my early affinity for beer certainly adds a light-hearted touch to my journey.

Amidst all these adventures, Fran and I made sure to indulge our wanderlust with extensive overseas travel. Life has been an incredible journey, full of twists, turns, and delightful surprises, and I look forward to many more chapters ahead.

- Chris Woodward -



### District Governor Mike Patten's **ROTARY FAMILY WEEKEND** Huon Valley



#### Schedule

**Friday, 13th October 2023**

6:30pm  
Welcome BBQ  
Huonville Bowls and Community Club  
5 Shield Street, Huonville  
\$15 per person



**Saturday 14th October 2023**

11:00am and 12:00noon  
Guided Tours  
Wooden Boat Centre, Franklin  
\$12 per person



2:00pm until 4:00pm  
River Cruise on the historic Sydney ferry "Radar", built in 1947  
Departs from the Kermadie Hotel Marina.  
Cost: \$55 per person for two-hour charter.  
Drinks/ beverage package (beer, wine, cider and soft drinks) an additional \$15.

6:30pm for 7:00pm  
District Governor's Dinner  
Kermadie Hotel  
Two-course option: \$60 or 3 courses at \$70  
Guest Speaker (tbc), Sean Langman - owner and skipper of "Maluka of Kermadie" an 80 year Huon pine, gaff-rigged yacht and competitor in multiple Sydney to Hobart Yacht Races, representing the Port Huon Yacht Club, and more recently racing in the Fastnet Yacht Race series in the UK.

**Accommodation**  
21 rooms have been reserved at The Kermadie Hotel, Port Huon.

Rooms (per night): singles from \$112.50, doubles from \$150 - \$195, Family motel type units - for 4-5 people with multiple rooms - \$210 - \$252.

Caravans and RVs can also be accommodated at a small cost. There is access to showers at the Kermadie or at two other locations in Geeveston.

Kermadie is likely to have enough accommodation, but smaller accommodation options include AirBNBs in the Huon



<https://www.kermadie.com.au/>

## TIPS TO SUPPORT MENTAL HEALTH AND WELL-BEING

STRIVE TO:	AVOID:
Invest in intentional, meaningful relationships that build a sense of belonging.	Trying to have a conversation about a difficult topic in a space that doesn't offer privacy.
Learn the signs and symptoms of mental illness to increase your own knowledge and help you raise awareness.	Dismissing mentions of uneasiness or sadness. Instead, use them as opportunities to engage in further discussion.
Discuss the importance of self-care and share examples that may resonate with others. Use wording that challenges stereotypes or myths and makes it clear that mental health issues are only one part of who someone is.	Advising a specific intervention or solution when you discuss a mental health issue. Leave this to professionals with expertise.
Learn what professional mental health resources are available in your area or nation and share them as appropriate.	Offering unsolicited advice, no matter how well-intended. Someone might want to share without seeking solutions.
Be an active listener. Give people your full attention and be aware of your body language (for example, try to sit up straight and make eye contact). Acknowledge what the person is telling you.	Engaging in comparisons. Sharing personal experiences can be a powerful way to connect, but everyone's situation is different. Make sure to recognize the other person's experience.
Validate what people say and be empathetic. This could mean saying, "I appreciate that you are sharing this with me," or "It must have been difficult to talk about this."	Minimizing what someone is experiencing by using language such as, "It could always be worse," or something similar.
Ask open-ended questions, such as, "What was that like for you?" or "How did that make you feel?" These give people an opportunity to share without judgment.	Invalidating the feelings that someone shares with you, such as by saying, "You're overreacting," or "You'll be fine."
Use appropriate language that focuses on the person, not the mental health issue (for example, say, "She has depression" rather than, "She's depressed"). Use evidence-based wording in line with professional practice.	Using language that labels or stigmatizes someone, such as describing people or situations as "crazy" or "insane."
Be a mental health ally. In this role, you can support someone and offer resources or direct them to professionals as appropriate.	Trying to fix everything for someone who confides in you or says they need support. Seek out resources and be an ally for them.

## IN THE SPOTLIGHT

**WALK FOR MENTAL HEALTH**  
Physical Health For Mental Health



**SUNDAY 15 OCTOBER**  
10AM START  
9.30AM CHECK IN

**SIMMONS PARK, LINDISFARNE**

**\$30 PER ADULT, UNDER 15'S FREE**

**PRIZES: BEST HATS & DRESS-UPS**

**INFORMATION & REGISTRATION:**  
<https://liftthelidwalk.com.au/hobart>



## World Polio Day

One Day, One Focus, Ending Polio.

### Invitation

On behalf of the Rotary District 9830 (Tasmania) End Polio Now Committee, I cordially invite you to help us to help celebrate World Polio Day as we work to eradicate polio worldwide by attending the

### World Polio Day Cocktail Party

at The Royal Yacht Club of Tasmania on World Polio Day 24<sup>th</sup> Oct.  
from 6-8 pm.

We have an entertaining Guest Speaker - Mr Gary Newton: a polio survivor, a Rotarian, and a retired media and voice over presenter. Gary has an interesting life story to tell.

To support the cause, we will be selling End Polio Now socks and traditional Christmas puddings. There will be the obligatory raffle and a Donation Box should you feel like contributing to the campaign.

Every \$1 raised for End Polio Now attracts an additional \$2 from the Bill & Melinda Gates Foundation, so your \$1 ends up being a \$3 donation to the End Polio Now campaign.

I look forward to you joining me on the night.

Kind regards,

Marion Cooper OAM  
Chair - End Polio Now Committee



Dress: Cocktail Dress / Smart Casual  
Cost: \$60 per person  
Booking: <https://www.trybooking.com/events/landing/1101818>  
Donate: <https://raise.rotary.org/wpd9830/celebration>

24<sup>th</sup> October

## World Polio Day

One Day, One Focus, Ending Polio.

*End Polio Now socks are now available!*



The End Polio Now socks have the same specifications as the blue-stripe Prostate Socks with ONE DIFFERENCE (other than the colour).

*The End Polio Now socks have a MORE RELAXED FIT at the top cuff!*

These socks make a great gift for friends and relatives and are ideal as a gift to guest speakers at your club.

**Cost to clubs \$5/pair (for 10 pairs or more) Retail \$10/pair**

We respectfully ask clubs that the profit of \$5 per pair be donated to End Polio Now @ <https://raise.rotary.org/wpd9830/celebration>

**ORDER NOW:** Club: \_\_\_\_\_ Quantity: \_\_\_\_\_

Please scan or photograph your order and send to: PAG Marion Cooper [varingacoops@bigpond.com](mailto:varingacoops@bigpond.com) 0417 371 726



Clarence Sunrise Rotary

**SAVE THE DATE!!!**

November 11

Clarence Sunrise Rotary's


# Quiz NIGHT

Lindisfarne Community Centre

Doors open at 6, Quiz starting at 6.30!

Individual tickets \$10  
Tables of 8 just \$70

Food and Drinks available on the night!



Tickets Available From  
<https://www.trybooking.com/CKEFX>

[www.rotary.org.au](http://www.rotary.org.au)

## CAMBODIAN RICE RUN - LAST MEETING'S GUEST SPEAKER

Jane Fulton from the Rotary Club of Claremont gave an informative overview of the Cambodian Rice Run and the amazing work they do.

Not surprisingly, rice is not the only thing undertaken by the group. The Rice Run began in 2018 in South Australia and 2020 in Tasmania, but Covid prevented the group from visiting Cambodia until 2022. The original goal was to raise funds to supply 100 bags of rice to a school in Siem Reap. Since that time, over \$100,000 has been raised annually, largely raised through sponsorship opportunities via social media.

Initiatives include:

- Support of the Phnom Phen Choice School, providing lunches with love
- ABCs & Rice School in Siem Reap
- Sponsorship of individuals and families
- Kids Care Clinic
- Outreach Kids Care Clinics
- Issuing bags of rice to students at the ABCs & Rice School
- Building new homes for families living in extreme poverty

The charity is now moving toward a rice scholarship whereby children must attend school for the family to receive their bag of rice. The group has recently established a computer room at the ABCs & Rice School and have supplied uniforms for over 180 children at the school.

Medical clinic at the ABCs & Rice School



Monthly rice run – families purchase a bag, write on it, it is then sent to Cambodia, filled with rice and issued to families along with some fresh vegetables.



## Chan Family Old and New House July 2023

